

Ward off  
棚



Roll back  
捋



Press  
挤



Push  
按



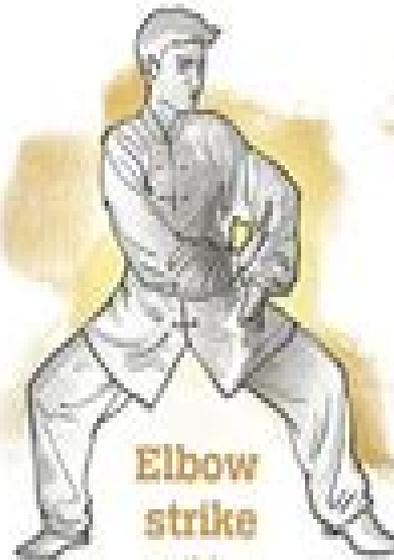
Pull down  
採



Split  
捌



Elbow strike  
肘



Lean  
靠



# Tai Chi Basics

**PT Brinkman**



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